



**LIHEAP**

## Low Income Home Energy Assistance Program

### *Home Energy Health and Safety Alert* Summer, 2011

#### **About LIHEAP:**

- Federally-funded block grant program for aid with:
  - ♦ home heating bills
  - ♦ home cooling bills
  - ♦ emergency assistance to avoid shut-offs
  - ♦ home weatherization
  - ♦ home energy equipment repair/replacement
- Assistance available to low-income households susceptible to health and safety effects of insufficiently heated or cooled homes, especially "vulnerable" households with at least one person who is either elderly (60 years or older), disabled, or a young child (five years or younger)
- Grantees include the 50 States, the District of Columbia, Indian Tribes, and U.S. territories
- **To apply for assistance**, call the National Energy Assistance Referral Hotline at: **1-866-674-6327**

#### **Energy Savings in the Kitchen:**

Small steps in the kitchen can help you lower your energy bills, particularly in the warm summer months:

- Use a microwave oven to cook when possible – it uses a third of the energy your stove does, and does not heat up your home;
- If the weather allows, cook outdoors on a grill.
- Use your dishwasher – it actually uses less water than washing dishes by hand. Be sure to wash only full loads and use the "air dry" setting.

For more energy saving tips, visit the California Energy Commission's website at <http://www.consumerenergycenter.org>.

#### **Avoiding Heat Stress:**

Sometimes being in the heat is unavoidable. If you're in extreme heat, follow these tips from the Centers for Disease Control and Prevention:

- Drink plenty of water, and avoid drinks containing alcohol or lots of sugar;
- If you are working or playing outside, find a shady place to rest frequently;
- Wear lightweight, light-colored clothing; and
- Try to limit physical activity to the morning and evening, when it is cooler.

For more information, visit the CDC's Preparedness website at <http://www.bt.cdc.gov>.

#### **Summer Energy Saving Tips:**

Hot summer weather can significantly increase your household's energy bills. Fortunately, there are many simple things you can do to reduce your energy use and stay cool:

- If the weather allows, shut off your air conditioning at night and open the windows (remember that the elderly, disabled and young children are more sensitive to slight temperature changes and are at higher risk of heat stroke);
- Turn the thermostat up when you leave and at night to save energy but still maintain comfort. A programmable thermostat can make this even easier;
- Use a ceiling fan in conjunction with your air conditioner – it can allow you to raise your thermostat by up to 4 degrees while still keeping your home comfortably cool;
- Turn off fans, lights, and televisions when no one is in the room;
- Keep your air conditioning system maintained;
- If you are able, let your clothes air dry after washing;
- Use a ventilation fan when taking a shower to remove heat from the bathroom;
- Install window coverings to keep direct sunlight out of your home; and
- Use energy efficient lightbulbs, and take advantage of indirect sunlight to light your home during the day.

For more tips, visit the U.S. Department of Energy's *Energy Savers* website at: <http://www.energysavers.gov>.

#### **Recent Studies:**

The Alliance to Save Energy released a report calling for more incentives for energy savings. The study surveyed homeowners to try to determine families' motivations for saving energy. The study concluded that greater financial incentives could motivate households to take steps to increase their energy efficiency. To read more, visit: <http://ase.org/efficiencynews/study-calls-more-utility-based-energy-efficiency-incentives>.